

Health Education

Volume 3, Issue 1

January—March 2009

Special Points

- Recipes
- Web Site Information
- Events and Classes

Great Ways to Save on Groceries

<http://www.goodhousekeeping.com/money/budget/grocery-saving-1006?link=rel&dom=wmd&src=syn&con=slide&mag=ghk>

1. Watch the register. Sale prices are not always entered into the registers, watch the prices and correct the cashier if you are charged the wrong price.

2. Don't assume that regular-price items are being entered correctly. Make sure the price keyed into the register is the one you saw on the tag.

3. Collect your payoff if there's a mistake. Many people don't know it, but big chains will often give you an item for free if

the scan shows a higher price than what's advertised. (Tobacco, alcohol, pharmacy items, and dairy are excluded.)

4. Be persistent. Ask for a rain check and use it.

5. Don't be fooled by deals like two for \$1. You don't have to buy two. If the item doesn't automatically scan that way, point out the sale price to the cashier.

6. Stock up, but wisely. Check the sell-by date. Eventually things expire —

and you don't want to be stuck owning eight more when they do.

7. Weigh before you pay. If you're buying a 10-pound bag of potatoes, put it on the scale before you put it in your cart. Many items weigh less than what the package says.

8. Don't pay extra for convenience. It's easier to pick up personal-care products and other nongrocery items at the supermarket. But this stuff often costs more than it does at a big drugstore chain.

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Heart Disease is a Growing Problem in Our Community

Did you know that more Native Americans die from heart disease than from any other cause? Heart attacks and strokes kill more than one out of every four people who die in Indian Country.

We used to think that more men than women had heart attacks. But, today we know that heart disease is the leading cause of death for both men and women in Native American communities.

The good news is that heart disease is usually preventable. Prevention must start early in life. We can help ourselves and help others in our family and in our community to prevent heart disease.

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Eat Your Vegetables: 15 Tips for Veggie Haters

Try these easy ways to get more vegetables into your diet.

<http://www.webmd.com/a-to-z-guides/features/eat-your-vegetables-15-tips-for-veggie-haters?page=4&print=true>

- Tip No. 1: Add veggies you almost like to dishes you already love.
- Tip No. 2: Try them in soup.
- Tip No. 3: Slip them into salads.
- Tip No. 4: Serve them raw.
- Tip No. 5: Take raw vegetables skinny dipping.
- Tip No. 6: Sneak them into spaghetti and pizza.
- Tip No. 7: Drink your vegetables.
- Tip No. 8: Increase the fun factor.
- Tip No. 9: Grill, baby, grill!
- Tip No. 10: Know how to cook the stronger flavored veggies.
- Tip No. 11: Try them where you least expect them.
- Tip No. 12: Be sensitive to textural turn-offs.
- Tip No. 13: Even fast-food vegetables count.
- Tip No. 14: Don't reward your kids (or yourself) for eating vegetables.
- Tip No. 15: It's all about the cheese.

Fiber is found in many vegetables. It helps to keep food moving smoothly and regularly through your body.

Most adults should get 20-25g of fiber per day.

When adding more fiber to your diet, do it slowly and drink lots of water to help your body adjust so you don't get gas or cramps.

We're on the web, check out the information!

<http://www.fdlrez.com/HumanServices/phn/main.htm>

3-Cheese Sauce Recipe

<http://www.webmd.com/a-to-z-guides/features/eat-your-vegetables-15-tips-for-veggie-haters?page=4>

Ingredients:

- 2 tablespoons of flour
- 1 1/4 cups of low-fat milk or fat-free half-and-half
- 2 ounces of part-skim Jarlsberg (or reduced-fat Swiss) cheese, grated
- 2 1/2 ounces of reduced-fat sharp cheddar cheese, grated
- 2 tablespoons of grated Parmesan cheese
- 1/4 teaspoon of garlic powder
- 1/8 teaspoon of pepper

Preparation:

1. In a small saucepan, blend flour with 2 tablespoons of the milk or half-and-half to form a smooth paste. Using a wire whisk, slowly blend in remaining milk until smooth. Simmer over medium heat, stirring constantly, until thickened.
2. Reduce heat and add cheeses, garlic powder, and pepper. Stir until well blended and cheese has melted.
3. Remove from heat and use as desired.

Yield: 6 servings **Nutritional Information:** Per serving: 99 calories, 9 g protein, 5 g carbohydrate, 4.8 g fat (3 g saturated fat, 1.4 g monounsaturated fat, 0.2 g polyunsaturated fat), 15 mg cholesterol, 0.1 g fiber, 177 mg sodium. Calories from fat: 44%.

Start the year off eating more vegetables. Not a fan? Drizzle this creamy sauce over steamed veggies for a tasty change of pace.

Need some new recipe ideas?

Contact: Amber

Nutrition Education Assistant

218-879-1227



On the Move in 2009

Do not forget to sign up to get your On the Move points that you can collect at the centers for great incentives from exercising!

Remember you have to exercise at least 20 minutes to sign up and you can only get one point per day.

Want More Information? Contact: Katie

Diabetes Educator

218-879-1227

Winter Workouts Are Cool

Tips on having fun, staying fit in the snowy season.

Outdoor exercise in the winter can be wonderful as long as you take a few simple precautions, says the National Athletic Trainers' Association (NATA).

The group offers some tips on how to stay active and safe during cold weather workouts:

- Warm up and cool down. Cold weather constricts muscles, so you need to allow enough time for proper stretching to warm up muscles before you exercise. Cooling down with stretches helps keep you limber and flexible. For best results, hold leg, arm and calf stretches for 30 seconds each.
- Wear proper-fitting shoes or boots that prevent your feet from getting wet and cold. Footwear made with GORE-TEX and similar materials are a good choice.
- Consume foods and beverages that will help fuel your body for cold weather activities, such as whole grain breads, nuts and sports drinks.
- With the proper clothing, you can continue your summer activities such as running or walking during the winter.
- Winter sports, such as cross-country skiing, snowshoeing and ice skating, are great aerobic activities that help tone the arms and legs for spring.
- Shoveling snow can be great exercise. Start slowly to build endurance and follow proper technique -- your feet and shoulders should face the shovel in order to avoid injuries to the back, neck and shoulders.
- If you find it too outdoor exercise too tough in the winter, join a gym or head to a mall for a brisk walk.

"Create a workout regimen that will keep you motivated, energized and physically active throughout the winter months," Marjorie J. Albohm, NATA president, said in an association news release. "Set your own fitness goals so you have a real sense of accomplishment -- and some fun -- from your winter activities."

You should always consult your doctor before starting a new exercise routine or if you have pre-existing health conditions, the NATA said.

<http://www.healthfinder.gov/news/newsstory.aspx?docID=622348>

Want To Have More Money In 2009?

If you smoke a pack a day you and quit, you will have an extra \$1,600 a year!

Wiidookowishin QUITPLAN Center: Call 218-878-3707 to make a Smoking Cessation appointment at MNAW or 218-279-4064 to make an appointment at CAIR. To make an appointment at the Fond du Lac Reservation Mashkiki Waakaigan Pharmacy in MPLS please call 612-871-1989. Persons not eligible for stop smoking sessions at FDL MNAW, Duluth CAIR or MPLS Mashkiki can access QUITPLAN Services at St. Mary's QUITPLAN Center in Duluth by calling 218-786-2677 or for a QUITPLAN Center near you call 1-888-354-PLAN.

www.quitplan.com: The Quitplan website offers free membership, helpful quitting tools and chance to connect online with thousands of others.

QUITPLAN Helpline: 1-888-354-PLAN – Available to any Minnesota smoker, the QUITPLAN Helpline offers free professional telephone counseling to help you quit.

Frequently Asked Questions

Is QUITPLAN® Services really free? How can that be?

Yes, it's free for all Minnesotans. QUITPLAN Services are paid for by funds received from the Minnesota Tobacco Settlement. If you live or work in Minnesota, you can receive free help to quit even if you don't have health insurance.

What if I'm not ready to quit? Can I still use quitplan.com?

Sure. The quitplan.com website is designed to help people at whatever stage they're at — even for those thinking about quitting. In fact, there's an entire section of the website designed for people who are not ready to quit yet.

Does QUITPLAN® Services help with all forms of tobacco use?

Yes. QUITPLAN Services helps people successfully quit using all forms of tobacco, including smokeless products such as chewing tobacco.

Heart Disease is a Growing Problem in Our Community ...continued

The first thing we can do is to learn more about our heart. The heart is an amazing organ!

Our heart is the center of our body. Every minute it pumps 5 quarts of blood through our blood vessels. The heart sends the blood through our lungs to pick up oxygen to take to all the parts of our body.

Our heart never stops working. It beats about 100,000 times a day. It takes a strong muscle to do this work. We strengthen our heart through exercise. Physical activity that makes our heart beat faster actually makes our heart stronger.

Like water flowing through a stream to bring life to our world, the blood must flow freely through our body. Our heart, our lungs, and our blood all work together to sustain our life. We call the diseases of our heart and blood vessels "cardiovascular disease" or CVD. The most common CVD is coronary heart disease, which can cause heart attacks, strokes and the chest pain called "angina."

Heart disease develops over a long time. The blood vessels get clogged with deposits of a waxy substance called cholesterol. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart. Stroke results when a blood clot blocks the blood to the brain, or from bleeding in the brain.

[Watch for our continued Heart Health information this year in our newsletters.](#)

Regularly Scheduled Classes

Car Seat Classes — Please enter at Door #3

MNAW Clinic	March 10 and 24	2PM
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Elder Exercise

ENP	Every Monday and Wednesday	9-11AM
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Cooking Class

ENP	March 24	5-7PM
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Water Aerobics for Elders

Pool	Every Monday and Wednesday	8-9AM
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Water Workout

Pool	Every Tuesday	12-1PM
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Yoga

McKnight Room	Mondays	12-1PM
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On The Move Incentives Pick Up

Tribal Center Gym	Thursday, March 12	12-1PM
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Brookston Center	Tuesday, March 17	3-3:30PM
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Sawyer Center	Thursday, March 12	3-4PM
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Smoking Cessation

Scheduled Individually	Please call 218-879-1227 to make an appointment	
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Pilates

Tribal Center	Every Thursday	12-12:30PM
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Nutrition and Healthy Snacks for Kids

Sawyer Center	March 3	4:30pm
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Special Events

American Cancer Society Eat Right

ENP	April 14	12-1PM
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